

Below are the February 2018 HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!



Important News From HealthQuest



Blood Pressure vs. Heart Rate

While your blood pressure is the force of your blood moving through your blood vessels, your heart rate is the number of times your heart beats per minute.

Heart rate and blood pressure do not necessarily increase at the same rate

A rising heart rate does not cause your blood pressure to increase at the same rate. Even though your heart is beating more times a minute, healthy blood vessels dilate (get larger) to allow more blood to flow through more easily. When you exercise, your heart speeds up so more blood can reach your muscles. It may be possible for your heart rate to double safely, while your blood pressure may respond by only increasing a modest amount.

Heart rate and exercise

In discussions about high blood pressure, you will often see heart rate mentioned in relation to exercise. Your target heart rate is based on age and can help you monitor the intensity of your exercise.

- If you measure your heart rate (take your pulse) before, during, and after physical activity, you'll notice it will increase over the course of the exercise
- The greater the intensity of the exercise, the more your heart rate will increase
- When you stop exercising, your heart rate does not immediately return to your normal (resting) heart rate
- The more fit you are, the sooner your heart rate will return to normal

Move Better, Breathe Better, Feel Better, Live Better

Quarter 1 - Move Better

Hobbies for Mental and Physical Health February 20th @ 11:00am

Living with Change March 22nd @ 11:00am

EAP Monthly Webinar Series – February 20th, 2018 @ 11:00AM

1-888-275-1205 OPTION 1. www.guidanceresources.com (web ID: SOKEAP)

Hobbies for Mental and Physical Health

Hobbies of all sorts can help us to be mentally and physically healthier people for ourselves and our loved ones. By choosing to spend time on engaging activities that we truly enjoy, we are more likely to be the best version of ourselves. Too often we end up either just passing the time or prioritizing everyone else's needs above our own.

Register today! If you are interested but cannot attend the webinar, be sure to register and a recording will be sent following the webinar. <https://register.gotowebinar.com/register/9153168606824018435>



Activate your benefit today at reg.rxss.co

Seven Ways to Save on Prescription Drugs

Most people know generic drugs are a great way to save money at the pharmacy—and they are. But did you know that out of all the clinical saving suggestions Rx Savings Solutions presents to members, generics account for only 21 percent?

Here's a breakdown of the most common savings suggestion types curated by the Rx Savings pharmacy team, along with a brief explanation of each.

Therapeutic Equivalents (a.k.a. Therapeutic Alternatives): Contain different active ingredients than the original medication but have the same effect when taken in equivalent doses.

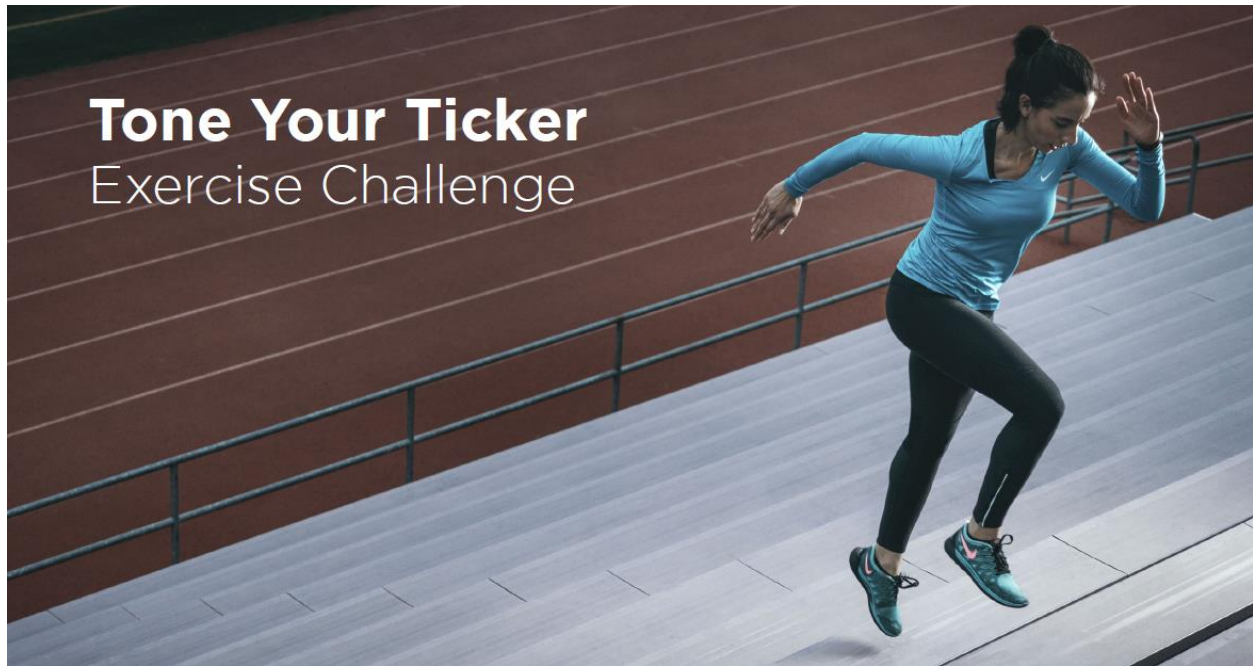
1. **Fulfillment:** Finding better prices at different retail pharmacies or through mail order.
2. **Generic Substitutions:** Contain the same active ingredients as their brand-name counterparts and have the same effect when taken at the same dose.
3. **Dosage Optimization:** Purchasing the same active ingredient in twice the dose (often at the same or similar price) that has been prescribed and splitting the tablets in half to achieve the correct dosage. Sometimes, it's the reverse (half the dosage, twice the number of tablets).
4. **Generic Clones:** Contain the same active *and* inactive ingredients as the brand-name drug.
5. **Combination Splits:** Taking the individual ingredients (separate "pills") when a drug is a combination of two or more active ingredients.

6. **Dosage Form Changes:** Contain the same active ingredients, taken at the same dose but using a different form, i.e. changing from tablets to capsules.

Clearly, savings opportunities go well beyond available generics. Who knew? Maybe not even your doctor. Probably your pharmacist, if he/she has the time for an exhaustive search. The average consumer? Not a chance.

That's why Rx Savings Solutions is available to all employees on the SEHP—to find savings the rest of the world misses.

Registration only takes a minute: Search for the “Rx Savings Solutions” app on Google Play, Apple’s App Store or access online at reg.rxss.co.



From February 14th – March 14th we are offering a 4 Week Physical Activity Wellness Challenge worth 4 HealthQuest Credits. We encourage everyone to get out there and get 30 minutes of exercise 5 times a week.

And....make it easier – get your exercise with a buddy! Tone Your Ticker is a 2-person team challenge. Signups start Wednesday February 7th. Credits post Thursday March 15th. Credits are awarded on 75% completion (450 total minutes).

We encourage you all to participate in physical activity “off the clock” – get out there and do some running, walking, swimming, biking, weight training, group exercise, and more!

Make A Date With 8!

For 1 Week Track Your Water and Receive 1 HQ Credit – 2/21 – 2/28

During the Tone Your Ticker challenge you also have the opportunity to log your water consumption for 1 week and earn 1 HealthQuest credit. Drink and log 8 glasses (8oz each) for 5 days and receive a HealthQuest credit.

<https://kansashealthquest.cernerwellness.com>



It is time to stop letting digestive issues control your life. Get **Clairity**.

Clairity is a digital skill-building program that will teach you how to find immediate relief from your symptoms and learn how to keep digestive issues from ruling your life. Led by Stephanie Clairmont, a registered dietitian and someone who has a digestive disorder, participants in **Clairity** will finally be able to feel like themselves again.

Employees and spouses covered by the medical plan can sign up at no cost, however the program is limited to the first 500 applicants.

Clairity provides participants access to weekly video content, articles, recipes and tips that will give you what you need to understand your own individual triggers and overall digestive health. Along the way, you'll be connected with a certified dietitian and join a circle of individuals just like you who will encourage you along your journey back to normal.

Applications begin **Monday, February 5th**! For questions, contact **Clairity** at support@clairitynow.com

www.clairitynow.com/kansashq

Kdhe.healthquest@ks.gov

